

Men's Top 10 Myths about Fruits and Vegetables!

Myths	Facts
1. Men think it is too hard to eat 9 A Day.	When men SEE what 9 A Day looks like, and how little it really is, they think it's easy to achieve.
2. Fruits and vegetables take too much time to prepare.	Fruits and vegetables are the "original fast food" and many are ready-to-eat—like baby carrots, salad in a bag, or a fresh piece of fruit.
3. 9 A Day means eating fruits and vegetables 9 times a day.	Most men eat more than one serving at a time. A large salad, for example, can be up to 3 servings.
4. Men don't like the taste of fruits and vegetables.	Almost all men say they like certain fruits and vegetables.
5. Eating fruits and vegetables is expensive.	Fruits and vegetables are often cheaper than high-priced convenience foods. A convenience-store small bag of snack chips is about \$0.99 and a banana is about \$0.69.
6. Eating fruits and vegetables is inconvenient.	Most convenience stores sell apples, oranges, bananas or dried fruit and almost all fast food places offer salads. Most street vendors sell fresh fruit.
7. Fruits and vegetables aren't filling.	Most fruits and vegetables are high in fiber, which helps keep you full longer than most low-fiber, high-calorie snacks.
8. There are too many barriers to buying and eating fruits and vegetables.	Only a small percentage of men report any barriers to eating fruits and vegetables. The main reason they don't eat them is just that they don't think about it.
9. Men eat enough fruits and vegetables for good health.	Men eat only about 4 servings a day on average, less than half of the 9 recommended for good health.
10. Fruits and vegetables spoil too quickly, so buying them is a waste.	Many fresh fruits and vegetables, like apples, sweet potatoes, and oranges, can last several weeks. And frozen fruits and vegetables, which are just as healthy and convenient as fresh vegetables, can last for months in the freezer.